

Plant-Based for Life

STARTER KIT



FROM "FLESH AND FAT" TO "FRUIT AND FIT"
YOUR "WHY" AND "HOW TO" GUIDE
TO MAKING THE CHANGE TO A PLANT-BASED DIET

VEGETARIAN FOODS: POWERFUL TOOLS FOR HEALTH¹

A vegetarian menu is a powerful and pleasurable way to achieve good health. The vegetarian eating pattern is based on a wide variety of foods that are satisfying, delicious, and healthful.

Vegetarians avoid meat, fish, and poultry. Those who include dairy products and eggs in their diets are called lacto-ovo vegetarians. Plant-based vegetarians eat no meat, fish, poultry, eggs, or dairy products. While there is a considerable advantage to a lacto-ovo vegetarian pattern, plant-based diets are the healthiest of all, reducing risk of a broad range of health concerns.

A HEALTHY HEART

Vegetarians have much lower cholesterol levels than meat-eaters, and heart disease is less common in vegetarians. The reasons are not hard to find. Vegetarian meals are typically low in saturated fat and usually contain little or no cholesterol. Since cholesterol is found only in animal products such as meat, dairy, and eggs, plant-based vegetarians consume a cholesterol-free diet.

The type of protein in a vegetarian diet may be another important advantage. Many studies show that replacing animal protein with plant protein lowers blood cholesterol levels—even if the amount and type of fat in the diet stays the same. Those studies show that a low-fat, vegetarian diet has a clear advantage over other diets.

LOWER BLOOD PRESSURE

An impressive number of studies, dating back to the early 1920s, show that vegetarians have lower blood pressure than non-vegetarians. In fact, some studies have shown that adding meat to a vegetarian diet raises blood pressure levels rapidly

and significantly. The effects of a vegetarian diet occur in addition to the benefits of reducing the sodium content of the diet. When patients with high blood pressure begin a vegetarian diet, many are able to eliminate the need for medication.

CONTROLLING DIABETES

The latest studies on diabetes show that a vegetarian diet high in complex carbohydrates and fiber (which are found only in plant foods) and low in fat is the best dietary prescription for controlling diabetes. A diet based on vegetables, legumes, fruits, and whole grains, which is also low in fat and sugar, can lower blood sugar levels and often reduce or even eliminate the need for medication. Since individuals with diabetes are at high risk for heart disease, avoiding fat and cholesterol is important, and a vegetarian diet is the best way to do that.

CANCER PREVENTION

A vegetarian diet helps prevent cancer. Studies of vegetarians show that death rates from cancer are only about one-half to three-quarters of those of the general population.

Breast cancer rates are dramatically lower in countries where diets are typically plant-based. When people from those countries adopt a Western, meat-based diet, their rates of breast cancer soar. Vegetarians also have significantly lower rates of colon cancer than meat-eaters. Colon cancer is more closely associated with meat consumption than any other dietary factor.

Why do vegetarian diets help protect against cancer? First, they are lower in fat and higher in fiber than meat-based diets. But other factors are important, too. Plants contain other cancer-fighting

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substances called phytochemicals. For example, vegetarians usually consume more of the plant pigments beta-carotene and lycopene. This might help to explain why they have less lung and prostate cancer. Also, some studies have suggested that diets that avoid dairy products may reduce the risk of prostate and ovarian cancer.

Some of the anti-cancer aspects of a vegetarian diet cannot yet be explained. For example, researchers are not quite sure why vegetarians have more of certain white blood cells, called “natural killer cells,” which are able to seek out and destroy cancer cells.

THE CALCIUM CONNECTION

Vegetarians are less likely to form either kidney stones or gallstones. In addition, vegetarians may also be at lower risk for osteoporosis because they eat little or no animal protein. A high intake of animal protein encourages the loss of calcium from the bones. Replacing animal products with plant foods reduces the amount of calcium lost. This may help to explain why people who live in countries where the diet is typically plant-based have little osteoporosis, even when calcium intake is lower than that

in dairy-consuming countries.

PLANNING VEGETARIAN DIETS

It's easy to plan vegetarian diets that meet all your nutrient needs. Grains, beans, and vegetables are rich in protein and iron. Green leafy vegetables, beans, lentils, tofu, and nuts are excellent sources of calcium, as is enriched soymilk.

Vitamin D is normally made in the body when sun shines on the skin. People who are dark-skinned or live at northern latitudes have some difficulty producing vitamin D year-round. Vitamin D can easily be obtained from fortified foods. Some sources are commercial breakfast cereals, soymilk, other supplemental products, and multivitamins.

Regular intake of vitamin B12 is important. Good sources include all common multiple vitamins (including vegetarian vitamins), fortified cereals, some brands of nutritional yeast, and fortified soymilk. It is especially important for pregnant women and breast-feeding mothers to get enough vitamin B12. When reading food labels, look for the word cyanocobalamin in the ingredient list. This is the form of vitamin B12 that is best absorbed.

burgers, and grilled eggplant and roasted red peppers instead of grilled chicken in sandwiches. Many soups, stews, and casseroles also can be made into vegetarian dishes with a few simple changes.

THIRD, check out some vegetarian cookbooks from the library and experiment with the recipes for a week or so until you find three new recipes that are delicious and easy to make. Just like that, with minimal changes to your menus, you will have nine vegetarian dinners.

THE PROTEIN MYTH¹

In the past, some people believed one could never get too much protein. In the early 1900s, Americans were told to eat well over 100 grams of protein a day. And as recently as the 1950s, health-conscious people were encouraged to boost their protein intake. Today, some diet books encourage high protein intake for weight loss, although Americans tend to take in twice the amount of protein they need already. And while individuals following such a diet have sometimes had short-term success in losing weight, they are often unaware of the health risks associated with a high-protein diet. Excess protein has been linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers.

THE BUILDING BLOCKS OF LIFE

People build muscle and other body proteins from amino acids, which come from the proteins they eat. A varied diet of beans, lentils, grains, and vegetables contains all of the essential amino acids. It was once thought that various plant foods had to be eaten together to get their full protein value, but current research suggests this is not the case. Many nutrition authorities, including the American Dietetic Association, believe protein needs can easily be met by consuming a variety of plant protein sources over an entire day. To get the best benefit from the protein you consume, it is important to eat enough calories to meet your energy needs.

THE TROUBLE WITH TOO MUCH PROTEIN

The average American diet contains meat and dairy products. As a result, it is

often too high in protein. This can lead to a number of serious health problems:

Kidney Disease: When people eat too much protein, they take in more nitrogen than they need. This places a strain on the kidneys, which must expel the extra nitrogen through urine. People with kidney disease are encouraged to eat low-protein diets. Such a diet reduces the excess levels of nitrogen and can also help prevent kidney disease.

Cancer: Although fat is the dietary substance most often singled out for increasing cancer risk, protein also plays a role. Populations who eat meat regularly are at increased risk for colon cancer, and researchers believe that the fat, protein, natural carcinogens, and absence of fiber in meat all play roles. The 1997 report of the World Cancer Research Fund and American Institute for Cancer Research, Food, Nutrition, and the Prevention of Cancer, noted that meaty, high-protein diets were linked with some types of cancer.

Osteoporosis and Kidney Stones: Diets that are rich in animal protein cause people to excrete more calcium than normal through their kidneys and increase the risk of osteoporosis. Countries with lower-protein diets have lower rates of osteoporosis and hip fractures.

Increased calcium excretion increases risk for kidney stones. Researchers in England found that when people added about 5 ounces of fish (about 34 grams of protein) to a normal diet, the risk of forming urinary tract stones increased by as much as 250 percent.

For a long time it was thought that athletes needed much more protein than other people. The truth is that athletes, even those who strength-train, need only

THE 3-STEP WAY TO GO VEGETARIAN¹

FIRST, think of three vegetarian meals that you already enjoy. Common ones are tofu and vegetable stir-fry, vegetable stew, or pasta primavera.

SECOND, think of three recipes that you prepare regularly that can easily be adapted to a vegetarian menu. For example, a favorite chili recipe can be made with all of the same ingredients; just replace the meat with beans. Enjoy bean burritos (using smashed/blended beans) instead of beef burritos, veggie burgers instead of ham-

slightly more protein, which is easily obtained in the larger servings athletes require for their higher caloric intake. Vegetarian diets are great for athletes.

To consume a diet that contains enough, but not too much, protein, simply

replace animal products with grains, vegetables, legumes (peas, beans, and lentils), and fruits. As long as one is eating a variety of plant foods in sufficient quantity to maintain one's weight, the body gets plenty of protein.

TIPS FOR MAKING THE SWITCH TO A VEGETARIAN DIET¹

Convenience foods cut cooking time. Supermarkets and natural foods stores stock a huge array of instant soups and main-dish vegetarian convenience items. Many canned soups, such as minestrone, black bean, or vegetable, are vegetarian. Flavored rice or other grain mixes, like curried rice or tabouli salad, can be stretched into an entrée with a can of beans. Visit the frozen food section for internationally inspired vegetarian frozen entrées such as corn and bean enchiladas, lentil curry, or vegetarian pad Thai. Or try vegetarian baked beans, refried beans, sloppy Joe sauce, and meatless spaghetti sauce from the canned goods aisle.

Ask for it! Even restaurants that don't offer vegetarian entrées can usually whip up a meatless pasta or vegetable plate if you ask. If attending a catered affair, catch the waiter before you are served and ask him or her to remove the chicken breast from your plate and slip on an extra baked potato. Most airlines offer vegetarian meals if you ask in advance; or you can always bring a meal on board with you.

Order your next pizza without cheese but with a mountain of vegetable toppings.

Find vegetarian cookbooks at your local library or bookstore and have fun experimenting with new foods and recipes.

International restaurants are the best bets for finding vegetarian food when dining out. Italian, Chinese, Mexican, Thai, Japanese, and Indian restaurants all offer a wide variety of vegetarian dishes.

Texturized vegetable protein (TVP) is fat-free, has a texture like ground beef, and is wonderful in tacos, chili, and sloppy Joes. Look for it in the bulk food section of the grocery store (avoid brands made from hydrolyzed [soy] protein).

Summer barbecues are healthy and fun with meatless hot dogs and burgers. Or, for a real change of pace, grill thick slices of marinated vegetables like eggplant, zucchini, or tomatoes.

Check out ethnic groceries for special vegetarian foods. Middle-Eastern delis offer stuffed grape leaves, falafel, and eggplant spreads. Italian markets are a wonderful place to find hearty homemade breads, sun-dried tomatoes, and fresh pasta. Indian and Asian markets offer many vegetarian delicacies, also.

The simplest dishes are often the most satisfying. Brown rice, gently seasoned with herbs and lemon and sprinkled with chopped nuts or sunflower seeds, is a perfect dish.

When traveling, pack plenty of vegetarian foods like instant soups, fresh fruit, raw vegetables, trail mix, and homemade oatmeal cookies. You can also fill a cooler with sandwiches.

COOKING WITHOUT EGGS¹

Many people choose not to use eggs in their diet. About 70 percent of the calories in eggs are from fat, and a big portion of that fat is saturated. They are also loaded with cholesterol—about 213 milligrams for an average-sized egg. Because eggshells are fragile and porous and conditions on egg farms are crowded, eggs are the perfect host for salmonella—the bacteria that is the leading cause of food poisoning in this country.

Eggs are often used in baked products because of their binding and leavening properties. But smart cooks have found good substitutes for eggs. Try one of the following the next time you prepare a recipe that calls for eggs:

- If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.
- Eggless egg replacers are available in many natural food stores. These are different from reduced-cholesterol

egg products, which do contain eggs. Egg replacers are egg-free and are usually in a powdered form. Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.

- Use 1 heaping tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg in a baked product.
- Use freshly-ground flax instead. For each egg, use 1 tablespoon flax mixed with 3 tablespoons of water and let it sit for 2 minutes. This works well in baked items like cakes and brownies.
- Use 1 ounce of mashed tofu in place of an egg.
- In muffins and cookies, half of a mashed banana can be used instead of an egg, although it will change the flavor of the recipe somewhat.
- For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

CALCIUM IN PLANT-BASED DIETS¹

Many people avoid milk because it contains saturated fat, cholesterol, allergenic proteins, lactose sugar, and frequent traces of contamination, or simply because they don't feel well after consuming dairy products. Milk is also linked to type 1 (juvenile-onset) diabetes and other serious conditions. Happily, there are many other good sources of calcium.

Keeping your bones strong depends more on preventing the loss of calcium from your body than on boosting your calcium intake.

Some cultures consume few or no dairy products and typically ingest fewer than 500 milligrams of calcium per day. However, these people generally have low rates of osteoporosis. Many scientists believe that exercise and other factors have more to do with osteoporosis than calcium intake does.

CALCIUM IN THE BODY

Almost all of the calcium in the body is in the bones. There is a tiny amount in the bloodstream, which is responsible for

important functions such as muscle contraction, maintenance of the heartbeat, and transmission of nerve impulses.

We regularly lose calcium from our bloodstream through urine, sweat, and feces. It is renewed with calcium from bone or from the diet.

Bones are constantly broken down and made anew. Up until the age of 30 or so, we build more bone than we lose. Later, the bones tend to break down more than build up. The loss of too much bone calcium can lead to fragile bones or osteoporosis.

How rapidly calcium is lost depends, in part, on the kind and amount of protein you eat, as well as other diet and lifestyle choices.

REDUCING CALCIUM LOSS

A number of factors affect calcium loss from the body:

- Diets that are high in protein cause more calcium to be lost through the urine. Protein from animal products is much more likely to cause calcium loss than protein from plant foods. This may be one reason that vegetarians tend to have stronger bones than meat-eaters.
- Diets high in sodium increase calcium losses in the urine.
- Caffeine increases the rate at which calcium is lost through urine.
- Smoking increases the loss of calcium from the body.

WHAT ABOUT MILK?¹

Calcium: Green leafy vegetables, such as kale, are better than milk as calcium sources.

Fat Content: Dairy products—other than skim varieties—are high in fat, as a percentage of total calories.

Iron-Deficiency: Milk is very low in iron. To get the U.S. Recommended Di-

A NUMBER OF FACTORS INCREASE BONE BUILDING IN THE BODY

Exercise is one of the most important factors in maintaining bone health.

Exposure to sunlight allows the body to make the bone-building hormone vitamin D.

Eating a plentiful amount of fruits and vegetables helps to keep calcium in bone.

Consuming calcium from plant-based sources, especially green vegetables and beans, provides one of the building blocks for bone building.

SOURCES OF CALCIUM

Exercise and a diet moderate in protein will help to protect your bones. People who eat plant-based diets and are active probably have lower calcium needs.

TOO MUCH CALCIUM

Recent research is showing that there is a strong link between extra calcium intake and prostate cancer. It also appears that there is a similar link between increased calcium and ovarian cancer. While calcium is good for the body, too much is not, so get your calcium sources from natural sources, like dark green leafy vegetables, legumes, dried fruits, and citrus.

etary Allowance of 11 milligrams of iron, an infant would have to drink more than 22 quarts of milk each day. Milk also causes blood loss from the intestinal tract, depleting the body's iron.

Diabetes: In a study of 142 children with diabetes, 100 percent had high levels

of an antibody to a cow's milk protein. It is believed that these antibodies may destroy the insulin-producing cells of the pancreas.

Contaminants: Milk is frequently contaminated with antibiotics and excess vitamin D. In one study of 42 milk samples tested, only 12 percent were within the expected range of vitamin D content. Of ten samples of infant formula, seven had more than twice the vitamin D content reported on the label, and one had more than four times the label amount.

Lactose: Three out of four people from around the world, including an estimated

25 percent of individuals in the United States, are unable to digest the milk sugar lactose, which then causes diarrhea and gas. The lactose sugar, when it is digested, releases galactose, a simple sugar that is linked to ovarian cancer and cataracts.

Allergies: Milk is one of the most common causes of food allergy. Often the symptoms are subtle and may not be attributed to milk for some time.

Colic: Milk proteins can cause colic, a digestive upset that bothers one in five infants. Milk-drinking mothers can also pass cow's milk proteins to their breast-feeding infants.

FAT CONTENT OF DAIRY PRODUCTS¹
(based on percentage of calories from fat)

Butter	100% fat
Cheddar Cheese	74% fat
Whole Milk	49% fat
2% Milk	35% fat

IDEAS FOR DELICIOUS DAIRY-FREE DINING¹

If you are curious whether dairy foods are contributing to your allergies, skin problems, asthma, stomach upset, gas, diarrhea, or constipation, or you'd like to see how your body feels when it is dairy-free, just give it a try for 3-6 weeks. It takes about three weeks to break or create a habit. And in that short time, many people experience major benefits, such as a drop in blood cholesterol levels, weight loss, relief from allergies, asthma, indigestion, or chronic stomach problems. Here are some simple ideas to get you started:

Top your oats or cold cereal with rice, soy, or almond milk or make smoothies with them. "Leave off the cheese, please."

Order your entrée or salad with no cheese. Many dishes can be easily made cheese-free.

Ask for guacamole, rice, or extra salsa in your burrito or on your tostada instead of the cheese. Put more vegetables on a dinner salad or add some beans, nuts, or baked tofu chunks instead of cheese.

Most recipes calling for milk can be made with soymilk instead. If it's a soup or other savory dish, be sure to purchase plain soymilk for cooking.

Make creamy dips and desserts using silken tofu in place of sour cream or cream cheese. Sprinkle nutritional yeast on popcorn or pasta for a cheesy flavor instead of parmesan.

ACHIEVING AND MAINTAINING A HEALTHY WEIGHT¹

Of the many ways to lose weight, one stands out as by far the most healthful. When you build your meals from a generous array of vegetables, fruits, whole grains, and beans—that is, healthy vegetarian choices—weight loss is remarkably easy. And along with it come major improvements in cholesterol, blood pressure, blood sugar, and many other aspects of health. The message is simple: Cut out the foods that are high in fat and devoid of fiber, and increase the foods that are low in fat and full of fiber. This low-fat, plant-based diet approach is safe and easy—once you get the hang of it.

Changing eating habits is the cornerstone of achieving and maintaining a healthy weight permanently. There is no way to “lose 20 pounds in two short weeks” and make it last. Very-low-calorie diets or low-carbohydrate, high-protein diets may cause major health problems and are very difficult to maintain for the long term.

The old myth was that pasta, bread, potatoes, and rice are fattening. Not true. In fact, carbohydrate-rich foods are perfect for permanent weight control. Carbohydrates contain fewer than half the calories of fat, which means that replacing fatty foods with complex carbohydrates automatically cuts calories. But calories are only part of the story.

The body treats carbohydrates differently than fat calories. The differ-

ence comes from how the body stores the energy of different food types. It is very inefficient for the body to store the energy of carbohydrates as body fat. When your body tries to turn carbohydrate into fat, it wastes 23 percent of the calories of the carbohydrate.

But fat is easily converted into body fat. Only 3 percent of the calories in fat are burned in the process of conversion and storage. It is the type of food that affects body fat the most.

Although protein and carbohydrates have almost the same number of calories per gram, foods that are high in protein—particularly animal products—are also usually high in fat. Even “lean” cuts of meat have much more fat than a healthy body needs. And animal products always lack fiber. Fiber helps make foods more satisfying without adding many calories, and it is only found in foods from plants.

Exercise helps, too. Aerobic exercise speeds up the breakdown of fat and makes sure that muscle is not lost. Toning exercises and weight-lifting help firm muscles and increase muscle mass. The trick is to find activities that you enjoy and that fit your lifestyle. Walking is a good way to start. You can do it anywhere at just about any time.

The best weight control program is a high-complex carbohydrate, low-fat, vegetarian diet complemented by regular exercise. This is the best choice for a healthier, longer, happier life.

VEGETARIAN DIETS FOR PREGNANCY¹

During pregnancy your need for nutrients increases. For example, you will require more calcium, more protein, and more folic acid, although your calorie needs increase only modestly. It is important to eat foods that are rich in nutrients, but not high in fat or sugar or excessive in calories.

Vegetarian diets, based on nutritious whole foods, are healthful choices for pregnant women.

GUIDELINES FOR GOOD HEALTH DURING PREGNANCY

- Begin a healthful diet before you become pregnant. Your body's store of nutrients supports the early growth and development of your baby.
- Maintain a steady rate of weight gain. Aim for about three to four pounds total during the first trimester and then about three to four pounds each month during the second and third trimesters.
- See your healthcare provider regularly.
- Limit empty calories found in highly processed foods and sweets. Make your calories count!

NUTRIENTS

To make certain that you are getting adequate nutrition, pay particular attention to these nutrients:

Calcium: Be certain to include plenty of calcium-rich foods in your diet. These include tofu, dark green leafy vegetables, bok choy, broccoli, beans, figs, sunflower seeds, tahini, and almond butter.

Vitamin D: The normal source of vitamin D is sunlight. You'll want to get at least 20 to 30 minutes of direct sunlight on your hands and face most days. If you do not get

regular sunlight, vitamin D is also available in multiple fortified foods. Many brands of ready-to-eat cereals and soy and rice milks are fortified with vitamin D.

Vitamin B12: Vitamin B12 is not found in most plant foods. To get enough of this important nutrient, be certain to include vitamin B12-fortified foods in your daily routine. These foods include many breakfast cereals, some meat substitute products, some brands of soymilk, and nutritional yeast. Be certain to check the ingredient label for cyanocobalamin, the most absorbable form of vitamin B12.

Iron: Iron is abundant in plant-based diets. Beans, dark green vegetables, dried fruits, blackstrap molasses, nuts and seeds, and whole grain or fortified breads and cereals all contain plenty of iron. However, women in the second half of pregnancy sometimes need to take a supplement regardless of the type of diet they follow. Your healthcare provider will discuss iron supplements with you.

A word about protein...Protein needs increase by about 30 percent during pregnancy. While there may be concern over whether protein intake is adequate at such an important time, most vegetarian women eat more than enough protein to meet their needs during pregnancy. With ample consumption of protein-rich foods such as legumes, nuts, seeds, vegetables, and whole grains, protein needs can easily be met during pregnancy.

BREASTFEEDING

The guidelines for breastfeeding mothers are similar to those for pregnant women. Milk production requires more calories, so you will need to boost your food intake a little bit.

VEGETARIAN DIETS FOR CHILDREN— RIGHT FROM THE START¹

Eating habits are set in early childhood. Vegetarian diets give your child the chance to learn to enjoy a variety of wonderful, nutritious foods. They provide excellent nutrition for all stages of childhood, from birth through adolescence.

INFANTS

The best food for newborns is breast-milk, and the longer your baby is breast-fed, the better. If your baby is not being breast-fed, organic soy formulas are a good alternative. Do not use commercial soy-milk for infants. Babies have special needs and require a soy formula that is developed especially for those needs.

Infants do not need any nourishment other than breast milk or soy formula for the first half year of life, and they should continue to receive breast milk or formula at least throughout their first 12 months.

Breast-fed infants also need about two hours a week of sun exposure to make vitamin D—a great motivator for Mom to get back into a walking routine.

Vegetarian women who are breast-feeding should also be certain to include good sources of vitamin B12 in their diets, as intake can affect levels in breast milk. Foods fortified with cyanocobalamin, the active form of vitamin B12, can provide adequate amounts of this nutrient. A multivitamin may also be taken as directed by your doctor. Breast milk or infant formula should be used for at least the first year of your baby's life.

At about 5 to 6 months of age, or when baby's weight has doubled, other foods can

be added to the diet. Pediatricians often recommend starting with an iron-fortified cereal because, at about 4 to 6 months, infants' iron stores, which are naturally high at birth, begin to decrease. Add one simple new food at a time, at one-to two-week intervals.

The following guidelines provide a flexible plan for adding foods to your baby's diet.

5 To 6 MONTHS

- Introduce iron-fortified infant cereal. Try rice cereal first, mixed with a little breast milk or soy formula, since it is the least likely to cause allergies. Then, offer oat or barley cereals. Most pediatricians recommend holding off on introducing wheat until the child is at least 8 months old, as it tends to be more allergenic.

6 To 8 MONTHS

- Introduce vegetables. They should be thoroughly cooked and mashed. Potatoes, green beans, carrots, and peas are all good choices.
- Introduce fruits. Try mashed bananas, avocados, strained peaches, or applesauce.
- Introduce breads. By 8 months of age, most babies can eat crackers, bread, and dry cereal.
- Introduce protein-rich foods. Also, by about 8 months, infants can begin to eat higher protein foods like tofu or beans that have been cooked well and mashed.

CHILDREN AND TEENS

Children have a high calorie and nutrient need but regular, plant-based meals can supply that need. There is no need for snacking when they receive a well-balanced plant-based diet at regular meal times.

Teenagers often have high-energy needs and busy schedules. It is important, however, that they have regular meal times every day and avoid the snack craze, which leads to such issues as weight gain, gastritis, heart burn, and other digestive problems.

Caloric needs vary from child to child. The following guidelines are general ones.

FOOD GROUPS

WHOLE GRAINS

- Whole grains include breads, hot and cold cereals, pasta, cooked grains such as rice and barley, and crackers.
- One serving equals ½ cup of pasta, grains, or cooked cereal, ¾ to 1 cup of ready-to-eat cereal, ½ bun or bagel, or 1 slice of bread.

VEGETABLES

- “Dark green vegetables” include broccoli, kale, spinach, collards, turnip, mustard and beet greens, bok choy, and Swiss chard.
- “Other vegetables” refers to all other vegetables, fresh or frozen, raw or cooked.

FRUITS

- Fruits include all fruits, fresh or frozen, raw or cooked.
- One serving equals ½ cup cooked fruit, ¼ cup dried fruit, or 1 piece of fruit (unless an amount is specified).

- One serving of vegetables equals ½ cup cooked or 1 cup raw (unless an amount is specified). Legumes, Nuts, Seeds, And Non-Dairy Milks
- Legumes include any cooked bean such as pinto, kidney, lentils, split peas, navy beans, and chickpeas, as well as soy products such as tofu, veggie burgers, soy “hot dogs” or sandwich slices, and tempeh.
- One serving of legumes equals ½ cup of beans, tofu, or other item (unless an amount is specified).
- Non-dairy milks include breast milk and soy formula for infants and toddlers, and rice-, soy-, and other vegetable-based milks for children at least 1 year of age. Choose soy milks that are made from organic soy beans rather than hydrolyzed soy protein.
- One serving of non-dairy milk equals 1 cup.
- Nuts include whole or chopped nuts, nut butters, whole seeds, and seed butters.
- One to two servings of nuts should be included in a healthy diet. One serving of nuts or nut butters equals 1 tablespoon.

DAILY MEAL PLANNING FOR CHILDREN AND TEENS¹

	1 - to 4-Year-Olds	5 - to 6-Year-Olds	7 - to 12-Year-Olds	13 - to 19-Year-Olds
Whole Grains, Breads, Cereals	4 servings	6 servings	7 servings	10 servings
Dark Green and Other Vegetables	2-4 tbsp dark green vegetables ¼ to ½ cup other vegetables	¼ cup dark green vegetables ¼ to ½ cup other vegetables	1 serving dark green vegetables 3 servings other vegetables	1-2 servings dark green vegetables 3 servings other vegetables
Legumes, Nuts, Seeds, and Non-Dairy Milks	¼-½ cup legumes 3 servings breast milk, formula, or non-dairy milk	½-1 cup legumes 3 servings soy milk or other non-dairy milk	2 servings legumes 3 servings soy milk or other non-dairy milk	3 servings legumes 3 servings soy milk or other non-dairy milk
Fruits	¾ to 1½ cups	1 to 2 cups	3 servings	4 servings

Be sure to include a source of vitamin b12, such as any typical children's multivitamin or vitamin-fortified cereals or soy milk.

GENETICALLY MODIFIED ORGANISMS (GMO)

In this context, GMO's (Genetically Modified Organisms) are foods that have had genes from other organisms added to their genetic sequence to give them specific properties that they otherwise would not have.

For instance, the two most common genetic modifications allow crops to either withstand copious amounts of pesticides, such as Roundup® (Roundup Ready® crops), or to produce their own pesticides such as Bacillus thuringiensis (Bt) toxin. The gene that codes for the insecticide is inserted into the genome of the crop, which then produces the toxin. Specific insects eat the plant, and the toxin forms holes in their stomach, which allows the toxic spores and normal gut bacteria to spread throughout the insect and kill it.

There is serious concern about the safety of GMO's. There are several potential health problems related to the consumption of GMO foods, including cancer and infertility. Compounding that concern is

the fact that there is little stringency in the oversight of GMO development. Manufacturers are not required to conduct long-term safety studies on the new products, and they are not required to label whether the foods are GMO or not.

So far, research is very clear that you are much worse off eating animal products than you are eating GMO foods, so if you are switching from an animal-based diet to a plant-based diet that includes GMO foods, you will have improved health. However, if you are looking for optimal health, it may be best to avoid GMO foods entirely. Below is a list of GMO foods currently in production. In addition, you may find helpful information at: www.nongmoproject.org.

High-risk crops: canola (90% of US crop), corn (88%), papaya (Hawaiian), soy (94%), sugar beets (95%), zucchini and yellow summer squash, also animal foods (from contamination in feed) milk, meat, eggs, honey, etc.

PROPER MOTIVATION

Many individuals have tried and tried to make a change in their lifestyle, but have been unsuccessful in making that change last. One reason is that appetites run deep. We are raised a certain way, learn to enjoy certain foods and flavors, and we find that our appetite grows stronger as we "feed" it. Frankly, our appetites are out of control!

For many individuals, the only considerations for what they eat are, "Does it taste good?" and "Is it available?" There is little consideration for the long-term impact that

these tasty foods will have on one's health and the health of one's posterity. This is why, as a society, we are in the crisis we are in.

To make a change in one's lifestyle and have that change last, one needs proper motivation. Some individuals believe that if you scare someone enough, they will make lasting changes. Others believe that if you entice people with pleasure and they enjoy what they are doing, that will influence lasting changes. This second concept is closer to the truth, but there is still something more.

The ultimate motivation is love, not fear or pleasure. Love is what each individual needs at the core of their being, and true love motivates for good—no matter what. In a relationship between a man and a woman, the initial part of the relationship is full of passion, desire, pleasure, etc. Feelings are fickle, and what motivated you to write poems, buy flowers, and drive hundreds of miles just to see that special someone, at some point usually fades into the past. Similarly, if my motivation to change my lifestyle is based upon how I feel, then my lifestyle changes will only last as long as the feelings do.

As opposed to the early part of a relationship, the latter part is usually full of trials, hardships, and love. When a couple have faced years of problems, difficulties, and trials; when they have weathered the storms together; when they have seen the worst in each other and have stuck it out together; when one spouse is sick and feeble and has to be taken care of by the other; this is where we see true love. You see, love is the motivation that makes the vow (...for better, for worse, for richer, for poorer, in sickness and in health, until death do us part) valid. Circumstances will manipulate feelings and fears will die over time, and hence, our motivation will change if fear and feelings are the basis of that motivation. Love, however, will continue despite the obstacles.

The ultimate motivation is love, period. Love will sacrifice. And love is exercised toward others. So, what or whom are you supposed to love in order to have this motivation? If your love is only directed at yourself, it is selfishness—not love. So all considerations that are based solely upon how this diet or lifestyle will affect me and my health are actually selfish considerations.

Love must be focused outward. To choose to become and remain healthy so that you can be there to help support and raise your children and grandchildren is a worthy motivation. To choose to make

healthy choices and continue those healthy choices because you want to be able to help and better love your spouse through the later years of life is a worthy motivation. But there is a love beyond this.

In my practice, I have helped numerous individuals through the difficulties of a lifestyle change, and in my experience, those who have a firm faith in God do the best. The language of love is sacrifice. If it doesn't involve sacrifice, it isn't love. Only by love is love awakened. Those with a faith in God recognize that there is a God who showed them the ultimate love by sacrificing Himself for them. This sacrifice draws from them a response of love where they desire to sacrifice for (love) God in return.

These persons recognize that they have a responsibility to their God to preserve all of their capabilities (mental, physical, and spiritual) in top shape so that they may offer to God the best service and abilities that they are capable of. They love and serve others with all of their ability because they know that God loves others and desires to serve others through them.

The ultimate motivation, which most successfully leads individuals to a long-term commitment to health and wellness, is a love for God (in response to love from God) and love for others that chooses what is healthy because it is healthy so that they can serve others to the best of their ability.

Reflect upon what is motivating you to make the change. Is there a more lasting motivation that you need to seek? What will it take to make that motivation your own? How determined are you to make lasting changes?

Below, you will find practical steps to follow in JumpStarting your new lifestyle! We will start with a 7-Day JumpStart Challenge, and then transition into a 2-Week Health Maintenance Menu that will give you direction in making lasting changes in your diet. Recipes will be included to help you in the process.

JUMPSTART CHALLENGE²

WHAT IS THE 7-DAY JUMPSTART CHALLENGE?

The 7-Day JumpStart Challenge is designed to prepare you physically and mentally to experience the benefits of improved health.

This 7-Day JumpStart Challenge is recommended to everyone needing a lifestyle makeover. Even though considerable testing has shown this plan to be a sensible, prudent and safe approach, people with significant health problems, such as diabetes or other chronic diseases should check with their doctors before beginning.

For people who are stressed, overweight, out of control or suffering from circulatory diseases, this 7-day challenge is an excellent starting point. After experiencing the exhilaration and wellbeing resulting from one week of simple eating and good health habits, motivation becomes high and jump starts your move toward a healthier lifestyle.

WORDS OF WARNING

On the move! With the JumpStart diet, you may experience difference in bowel movements. This is good and the way it should be!

Noting the bloating. After about a week you may notice an increase in gas or wind. Rest assured, it's only temporary!

Resist and persist. During this time you may experience headaches, often due to caffeine withdrawal. Stick with it, it will pass!

Lifting the fog. You may feel mentally sharper, enjoy a better memory and feel better prepared for life's challenges.

Rise and shine. Getting into the pattern of "early to bed, early to rise" is very

important, and should be started along with your other lifestyle changes. It is worth it!

BENEFITS OF THE 7-DAY JUMPSTART CHALLENGE

Improves intestinal tract function. The high fiber content of the food absorbs water in the intestinal tract, turning insoluble fiber into a gel-like substance that resembles a soft, spongy mass. They stimulate intestinal activity and sweep along intestinal contents more efficiently and effectively.

Decreases fluid retention. It removes excess water, salt and other toxins from the body via kidneys and intestinal tract.

Helps break food addictions.

Improves appetite and intensifies taste perception. It will help you discover and enjoy new flavors in simple foods.

Conquers fear. Since many people in weight-loss programs fear food deprivation and hunger, the 7-Day JumpStart Challenge will help handle these feelings and overcome these fears.

Renews energy and improves mental acuity. Beginning with days 3 and 4, energy levels and a sense of wellbeing substantially increase.

Eliminates body odors. Body odors and bad breath will diminish over time.

Provides a taste of success. Experience the joy that comes from experimenting with new foods and health-promoting activities.

Reduces food budget. The new, simpler way of eating can reduce your weekly food costs.

Jump starts you into a healthier lifestyle! It begins the establishment of a new way of life and puts you back in control!

JUMPSTART NOTES²

NOTES FOR PEOPLE WITH DIABETES

If you have diabetes, start the Jump-Start Challenge at day 3 (skip days 1 and 2).

If on insulin or other medications for diabetes, stay in regular or daily contact with your doctor or diabetes nurse educator to monitor your blood-sugar levels and medication requirements. (For example, insulin dosage often has to be reduced by 2-3 units a day.)

High-Fiber Unrefined Carbohydrates Can Be Used: Due to their high fiber content, breakfast should focus on whole-grain cereals, such as rolled oats or rolled barley. Use as close to the whole-grain kernel as possible.

Enjoy up to 5 slices of bread per day, chose the whole-grain variety.

Fruits Should Be Restricted to Three Servings/Day and Ideally Eaten With Higher-Fiber Dishes: Include fresh fruit, such as apples, pears, peaches, apricots and berries.

Dried fruits and fruit juices should be avoided because of their concentrated sugar content.

Where possible, eat fruit and vegetables with the skin for a higher fiber intake.

Nuts Can Be Used: ¼ cup nuts, such as almonds or walnuts, and 1-2 tablespoons of ground flaxseed at breakfast will help satiety and aid in blood sugar control.

Make Good Use of Legumes: Use cooked legumes (beans and lentils) with main meals (including breakfast). The high fiber will help lower blood-sugar levels.

NOTES FOR PEOPLE WITH HIGH BLOOD PRESSURE

If you are on medication for high blood pressure, talk with your doctor

about monitoring and adjusting your medications as needed.

WITHDRAWAL²

Most people experience some degree of withdrawal for two to five days as a result of food and/or caffeine or nicotine addictions. Transient symptoms may include headache, nausea, fatigue, depression, generalized aching, excessive gas and diarrhea. Headaches will be worse if addicted to caffeine and nicotine.

Note: Hang in there for this difficult period. It won't last forever! You'll feel much better once you have made the transition!

TIPS ON HANDLING WITHDRAWAL SYMPTOMS

Drink two glasses of water first thing in the morning. Hop into the shower and follow this sequence:

- Hot shower (2-3 minutes)
- Cold shower (15 seconds)
- Repeat routine up to three times.
- Finish with a cold shower.
- Towel off briskly.

Walk briskly outdoors for 15 minutes or more.

Eat a good breakfast.

For headaches, soak feet and legs in hot water for 15-20 minutes. Rinse off with cold water. Rinse a wash cloth in ice water and apply to forehead. If you are diabetic or have poor circulation in your legs, do not use hot water on your legs, rather use an ice pack or ice-water cloth on your forehead and drink lots of water.

Diarrhea usually settles down in a few days. If troublesome, take 2-3 charcoal tablets or capsules, or 1 teaspoon charcoal powder mixed in 4-8 ounces of water between meals until the situation normalizes.

DAILY ROUTINE TIPS²

Upon rising in the morning, drink a couple of glasses of water. Take some time for prayer and devotional reading. Reflect on the day and find 10 things you can thank God for today.

Take a warm shower or bath before breakfast. If you feel sluggish, alternate hot and cold water 2 or 3 times, then towel briskly.

Ideally eat two meals a day, spaced at least 5-6 hours apart. If you must have an evening meal, make it small, rapidly digestible (low fat, low protein, high in carbohydrates, e.g. fruit, non-buttered popcorn, fruit smoothie, etc), and eat it at least 3 hours before going to bed. Most people, including diabetics, can do very well on 2 meals daily.

Avoid eating in front of the TV and, if possible, eat most meals with family or friends.

Drink at least 8-10 glasses of water or herbal teas each day. Drink first thing in the morning and between meals. Develop regularity. Go to bed, get up, exercise and have your meals at about the same time each day.

Exercise actively for 30-60 minutes each day. Brisk walking is recommended. Select an exercise appropriate for your age and condition. Start slowly, increasing time and distance gradually as tolerated.

Allow adequate time for rest. Aim for eight hours sleep a night and "early to bed, early to rise".

7-DAY JUMPSTART CHALLENGE²

THROUGHOUT ALL 7 DAYS

Omit refined sugars, honey, molasses and other concentrated sweeteners. Cut out caffeinated drinks.

Quit all alcohol, fruit juices, and soft drinks.

Omit processed fats and oils, including margarine, butter, mayonnaise, oily dressings and vegetable oils. Avoid processed foods and fast foods.

Leave out animal foods, such as red and white meat, dairy products and eggs. Instead of milk, use non-dairy options, such as soymilk or rice milk.

Avoid salt. Season with onion, garlic, herbs, and seasonings such as basil, celery seed, coriander, cumin, parsley, etc. Avoid eating between meals. When hungry, settle for a glass of water or herbal tea without sweetener.

DAYS 1 & 2

Eat fruit and whole grains, period.

Use fresh or frozen fruit without sugar, such as apples, apricots, bananas, blackberries, blueberries, cherries, grapefruit, grapes, kiwi, mangoes, melons (all kinds), nectarines, oranges, peaches, pears, persimmons, pineapple, plums, raspberries, and strawberries.

If you use stewed or cooked fruit, make sure they are stewed/cooked in their own juice or water, not in sugar or syrup. Use whole-grain cereals, such as 5, 7, or 10-grain porridge, amaranth (GF), barley, brown rice (GF), buckwheat (GF), cornmeal/polenta (GF), millet (GF), quinoa (GF), rye, wheat, or traditional rolled oat porridge. (GF = Gluten-free Grains)

You can also use other grain-based foods such as whole-grain wheat cereals, couscous, low-fat natural muesli, puffed rice or corn, and puffed wheat.

Try this for a sample meal plan for Days 1 & 2:

Breakfast – cooked rolled oats or homemade muesli, choice of all kinds of fresh or frozen fruit.

Lunch – cooked brown rice, choice of all kinds of fresh or frozen fruit.

Supper – try to avoid supper entirely, but if you just can't cut it, have a piece of fruit or maybe a small bowl of cooked quinoa.

DAYS 3 TO 7

Eat fruit and whole grains plus vegetables and legumes.

Use vegetables – raw and cooked, such as alfalfa sprouts, asparagus, bean sprouts, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, green beans, lettuce (all types), okra, onions, parsley, peas, peppers (bell or sweet), potatoes, snow peas, spinach, squash, sweet potatoes, tomatoes, turnips, yam, or zucchini.

Use whole-grain foods, such as breads, brown rice cakes, and pastas.

Also use legumes, such as beans of all kinds (black, pink, red, white, kidney, navy, pinto, lima, etc.), lentils (several varieties are available), and peas of all kinds (black-eyed, chick peas, split peas, etc.).

Try this for a sample meal plan for Days 3 to 7:

Breakfast – cooked whole-grain cereal as in Days 1 & 2, or homemade low-fat muesli plus fruit plus whole-grain bread with mashed banana or hummus. If you find yourself hungry before lunch, add ½ cup beans to your breakfast.

Lunch – baked potato topped with mixed greens, beans, and salad vegetables, or packed lunch sandwiches with salad vegetables and hummus spread plus a legume-based soup or stew kept warm in a thermos.

Supper – again, try to avoid supper entirely, but if you just can't cut it, do as for Days 1 & 2.

Tips:

Include beans or lentils daily.

Include at least 2 cups of yellow, green, red, orange raw or cooked vegetables daily.

Include at least 1 serving of the following per meal:

- Starchy vegetables – for example, potato, corn, green peas or sweet potato.
- Grains – for example, brown rice, polenta, quinoa or whole-grain pasta. Season salads with herbs, and/or lemon/lime juice with very little salt.

In salt-free soups and stews, add extra herbs and seasonings.

HEALTHY HABITS

Many people realize that it takes approximately 3 weeks to develop habits that last. In this section, we will provide you with a sample menu and recipes that you can use for an additional 2 weeks, as you form your new plant-based habit for life.

This is a good place to reiterate the fact that most people do better on a 2-meal-a-day plan than the typical 3-meal plan. Research shows that increasing meal frequency increases your risk for colon and rectal cancer. It also shows that individuals who eat fewer calories over their lifetime tend to live longer. Your stomach needs a break, rather than constantly being pushed to process more and more food (it takes 4-5 hours to digest a typical meal and the stomach needs at least 1 hour of rest, leaving you with a healthy 5-6 hours between meals). Without the necessary breaks, things like heartburn, gastritis, and ulcers develop. Besides, imagine how much time and effort you save by only fixing and cleaning up after 2 meals every day! It is like building time into your schedule, and it gives you health benefits!

If you are a diabetic, you have likely been told that you need to eat frequent small meals throughout the day. Actually, research shows that such eating patterns increase the overall insulin and glucose levels in the blood and perpetuate your diabetes. Diabetics do very well on 2-meal plans, however if you are on medication, you need to work closely with your physician or nurse educator to modify your medication doses.

With your meal choices, we typically recommend fruits with breakfast and vegetables with lunch, but some people prefer to eat lunch-like foods at breakfast time. Mix and match as you feel comfortable, keeping in mind the following suggestions:

It is best to avoid mixing fruits and vegetables at a meal.

Keep is colorful. Try to have a variety of colors at each meal, whether using fruit or vegetables.

Include fresh fruits or vegetables with each meal. If you have a medical condition (diabetes, heart disease, cancer, etc.) you would benefit from having 50-80% of your meal raw rather than cooked/steamed.

Eat a handful of dry-roasted, unsalted nuts or seeds with breakfast every morning. Good choices include flax, chia, or pumpkin seed, cashews, almonds, walnuts, or pecans.

Add raisins, dates, bananas or other fruits to your cereals/porridges instead of refined sweeteners.

If you simply cannot go without supper, make sure that you do not eat within 3 hours of bedtime, and keep it light. Avoid foods that are high in fats or proteins for supper, as they require more time to digest. You want to go to bed on an empty stomach.

Suggestions for a light supper include eating whole fresh fruit, fruit salad, fruit soup, fruit smoothie, fruit crisp, popcorn, toast, vegetable soup, or steamed or raw vegetables (recipes included in the following pages).

2-WEEK HEALTH MAINTENANCE MENU

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Oatmeal, Rice milk, Apple-date muffins, Fresh fruit	Breakfast potatoes, Scrambled tofu, Ketchup, Pocket bread, Sliced toma- toes, Lettuce/sprouts	Granola, Rice Milk, Fresh fruit	Crock-pot barley, Rice Milk, Whole-grain toast, Date butter, Fresh fruit	Shredded wheat, Rice Milk, Banana muf- fins, Fresh fruit	French Toast, Unsweetened applesauce, Rice cream, Fresh fruit	5- or 7-grain cereal, Rice Milk, Whole-grain toast, Date butter, Fresh fruit
Lunch	Whole-grain pasta, Cauliflower sauce, Pecan balls, Tossed salad, Ranch-style dressing, Steamed car- rots	Chick pea a la king, Brown rice, Vegetable plat- ter, Ranch-style dressing, Sweet potato sticks	Scalloped potatoes, Cornmeal rolls, Creamy corn butter, Quick-n-easy salad Peas	Vegetable soup, Corn bread, Creamy corn butter Tossed green salad, Creamy cucumber dressing	Veggie pizza, Pasta salad, Corn	Baked sweet potatoes, Creamy corn butter, Whole grain bread, Greek salad, Golden Mac- arons	Almond rice loaf, Tomato relish Steamed kale, Crunchy veg- gie salad

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	Soy-oat waffles, Fruit syrup, Cashew ba- nana cream, Fresh fruit	Pecan Crunch, Soy milk, Fresh fruit	Whole-grain porridge, Soy milk, Whole-grain toast, Apricot Spread, Fresh fruit	Whole-grain pancakes, Fruit soup, Fresh fruit	Baked oat- meal, Fruit cream, Fresh fruit	Whole-grain toast and Easy cashew gravy, Apple crisp, Fresh fruit	Muesli, Whole-grain toast, Apricot spread, Fresh fruit
Lunch	Whole-grain pasta, Spinach Alfredo, Green beans & garlic, Tossed salad, Herb dress- ing, Cornmeal rolls	Curried veg- gies, Brown rice, Steamed broc- coli, Carrot salad	Mashed pota- toes, Easy cashew gravy, Veggie platter, Peas, Cornmeal rolls, Creamy corn butter	Oat burgers, Whole-grain buns, Cashew mayo, Lettuce, Tomatoes, Ketchup, Potato salad	Rice stacks, Pumpkin pud- ding, Rice cream	Lasagna, Creamy corn butter, Whole grain bread, Garden salad, Herb dressing	Potato soup, Cornmeal rolls, Creamy corn butter, Mexican salad

For all items in **Bold Type**, recipes are provided.

2-WEEK HEALTH MAINTENANCE PLAN

WEEK 1

PREPARATION DURING JUMPSTART WEEK

Make Granola, Pecan Crunch, Apple-Date Muffins, Banana Muffins, Whole-Grain Bread, Pocket Bread, and Cornmeal Rolls, and make a couple pizza crusts from either the Whole-Grain Bread dough or the Cornmeal Rolls dough. The breads/pizza crust can be stored in the refrigerator or freezer until needed.

On Day 7 of your JumpStart Week:

Cook 2 cups of brown rice. Use 1 cup of cooked rice to make Rice Milk. Measure the rest into 1-cup measurements, put into ZipLoc bags, and store in freezer for later use. Make Pecan Balls and Ranch-Style Dressing for use on Day 1, and place in refrigerator. Make Ketchup for use on Day 2, and place in refrigerator. Cauliflower Sauce can be made ahead if desired.

DAY 1

Breakfast – Cook oatmeal and serve with Rice Milk. Prepare fresh fruit. Warm muffins if desired or serve chilled.

Lunch – 45 minutes before lunch, make Cauliflower Sauce. While it is cooking, put water on to boil for the pasta and cook pasta. Prepare salad as desired and serve with Ranch-Style Dressing. Steam carrots. Re-warm Pecan Balls in microwave, oven, or skillet as desired. (If you are short on time, follow the quick, easy version of cauliflower sauce, or sauce can be made the day before).

DAY 2

Breakfast – Prepare Breakfast Potatoes. While they are cooking, start Scrambled Tofu.

Slice tomatoes and prepare lettuce/sprouts. Warm pocket bread (toaster). To serve, place Breakfast Potatoes, Scrambled Tofu, Ketchup, tomatoes, and lettuce/sprouts in Pocket Bread, or eat separately as desired.

Lunch – Start the brown rice 1 hour before lunchtime (make sufficient to have left-overs to use later in the week). Start Chick Pea A La King (which will be served over brown rice). Preheat oven to 400°F. Prepare Sweet Potato Sticks. Assemble & prepare vegetables of your choice for vegetable platter and serve with left-over Ranch-Style Dressing as a dip.

Preparation – Make Creamy Corn Butter and place in refrigerator.

DAY 3

Breakfast – Prepare fresh fruit, and serve Granola with Rice Milk. May add raisins, bananas, etc. as desired.

Lunch – Preheat oven to 375°F. 1 ½ hours before lunch, start Scalloped Potatoes (can be made night before and re-heated). Place Cornmeal Rolls in oven to re-warm for 10-12 minutes before the Scalloped Potatoes are done. Prepare Quick-N-Easy Salad. Steam peas. Serve Cornmeal Rolls with Creamy Corn Butter.

Preparation – Make Creamy Cucumber Dressing and place in refrigerator. Before bed, prepare Crock-Pot Barley and turn it on. Prepare Date Butter and place in refrigerator.

DAY 4

Breakfast – Finish Crock-Pot Barley. Prepare fresh fruit. Toast Whole-Grain Bread and serve with Date Butter. Serve Crock-Pot Barley with Rice Milk as desired.

Lunch – 1 hour before lunch start Vegetable Soup. While it is cooking, make Corn Bread and serve with Creamy Corn

Butter. While Corn Bread is baking, make Salad as desired and serve with Creamy Cucumber Dressing.

Preparation – Cook whole-grain pasta, rinse with cold water, and place in refrigerator. Assemble Veggie Pizza and leave in refrigerator until ready to bake. If Rice Milk is getting low, make another batch from frozen rice and keep in refrigerator.

DAY 5

Breakfast – Prepare fresh fruit. Serve shredded wheat with Rice Milk and raisins and banana, etc. as desired. Warm banana muffins if desired and serve with Creamy Corn Butter if desired.

Lunch – 30-minutes before lunch, preheat oven to 350°F. Prepare veggies for Pasta Salad. Put Veggie Pizza in oven. Finish Pasta Salad. Steam corn.

Preparation – Using some frozen rice, make Rice Cream. Make French Toast and place in refrigerator. Make Golden Macaroons and place in refrigerator. Make more Creamy Corn Butter if needed. Soak garbanzo beans for Almond Rice Loaf overnight, then rinse and drain and leave in refrigerator. Place ripe bananas in freezer for Cashew Banana Cream.

DAY 6

Breakfast – Reheat French Toast in toaster or skillet. Serve with unsweetened applesauce and Rice Cream. Prepare and serve fresh fruit as desired.

Lunch – 1 hour before lunch preheat oven to 400°F and make Baked Sweet Potatoes (may be baked in morning before breakfast or day before). Make Greek Salad. Serve Baked Sweet Potatoes and Whole-Grain Bread with Creamy Corn Butter. Serve Golden Macaroons for dessert.

Preparation – Make Almond Rice Loaf and Tomato Relish and keep in refrigerator. If not sufficient cooked brown rice for making Almond Rice Loaf, cook more

brown rice. Soak about 2-3 cups soybeans overnight for Soy-Oat Waffles and Soy Milk, rinse, drain, and keep in refrigerator

DAY 7

Breakfast – Cook 5- or 7-grain cereal and serve with Rice Milk, raisins, bananas, etc. as desired. Toast Whole-Grain Bread and serve with Date Butter. Prepare fresh fruit as desired.

Lunch – Start Almond Rice Loaf 1½ hours before lunch if not made in advance. 30-minutes before lunch, make Tomato Relish (if not made ahead). Start Crunchy Veggie Salad. Steam kale. Serve Tomato Relish on the Almond Rice Loaf.

Preparation – Make Soy-Oat Waffles and keep in refrigerator. If you want to make extra, it can be kept in the freezer for later use. Make Herb Dressing.

WEEK 2

DAY 8

Breakfast – Make Cashew Banana Cream. Make Fruit Syrup. Toast Soy-Oat Waffles and serve with Cashew Banana Cream and Fruit Syrup. Prepare fresh fruit as desired.

Lunch – 30-minutes before lunch, start water for whole-grain pasta. While pasta is cooking, make Green Beans & Garlic. Make Spinach Alfredo Sauce. Assemble salad as desired and serve with Herb Dressing. Warm Cornmeal Rolls as desired and serve with Creamy Corn Butter or Spinach Alfredo Sauce.

Preparation – Make Soy Milk with soaked soybeans. Place remaining soaked soybeans in freezer for later use. Soak apricots overnight in refrigerator for use in Apricot Spread.

DAY 9

Breakfast – Serve Pecan Crunch with Soy Milk, raisins, bananas, etc. as desired. Prepare and serve fresh fruit.

Lunch – 1 hour before lunch, start brown rice. Prepare veggies for Curried Veggies and about 30-minutes before lunch start cooking the Curried Veggies. Prepare Carrot Salad. Steam broccoli. Serve Curried Veggies over brown rice.

Preparation – If you are low on Creamy Corn Butter, make more. Make Apricot Spread and place in refrigerator.

DAY 10

Breakfast – Cook whole-grain cereal of choice and serve with Soy Milk, raisins, bananas, etc. as desired. Toast Whole-Grain Bread and serve with Apricot Spread. Prepare and serve fresh fruit as desired.

Lunch – 1 hour before lunch begin preparing potatoes for Mashed Potatoes. Prepare veggies of choice for veggie platter and serve with Herb Dressing. Make Easy Cashew Gravy to serve on Mashed Potatoes. Steam peas. Reheat Cornmeal Rolls as desired and serve with Creamy Corn Butter.

Preparation – Make Oat Burgers. Make Cashew Mayo. If low on Ketchup, make more. If you want fruit soup for pancakes to be cold, prepare today and leave in refrigerator overnight. Assemble Whole-Grain Pancake Mix (without wet ingredients) and store in airtight container. Boil whole potatoes for Potato Salad and leave in refrigerator whole.

DAY 11

Breakfast – Make Whole-Grain Pancakes and serve with Fruit Soup. If Fruit Soup was not made beforehand, make Fruit Soup. Prepare fresh fruit as desired.

Lunch – 30-minutes before lunch, make Potato Salad. Reheat Oat Burgers in microwave or skillet. Assemble ingredients for sandwiches and serve.

Preparation – Make Pumpkin Pudding. Make Rice Cream. If using a crock-pot, start Easy Pinto Beans. If no crock-pot, put beans to soak overnight. Make Creamy Cheeseless Sauce and Tofu Sour Cream.

DAY 12

Breakfast – 1¼ hours before breakfast, preheat oven to 350°F and prepare Baked Oatmeal. Make Fruit Cream. Prepare fresh fruit as desired. Serve Baked Oatmeal with Fruit Cream (and Soy Milk if desired). After breakfast start cooking beans for lunch if not using a crock-pot.

Lunch – 1 hour before lunch start brown rice. Season Easy Pinto Beans if made in crock-pot. Make Guacamole and Salsa Fresca. Prepare veggies for Rice Stacks. Serve Pumpkin Pudding with Rice Cream for dessert.

Preparation – Make Apple Crisp and place in refrigerator after it has cooled some.

DAY 13

Breakfast – Warm leftover Easy Cashew Gravy or make more if needed. Toast Whole-Grain Bread and serve with Easy Cashew Gravy. Prepare fresh fruit as desired. Serve Apple Crisp with leftover Rice Cream.

Lunch – 1½-hours before lunch start preparing Lasagna. While Lasagna is baking, make Garden Salad and serve with Herb Dressing. Toast Whole-Grain Bread, serve with Creamy Corn Butter and garlic powder/salt.

Preparation – Make Muesli and leave in refrigerator. Make sure you have sufficient leftover brown rice for the Mexican Salad. Make sure you have sufficient Creamy Corn Butter.

DAY 14

Breakfast – Toast Whole-Grain Bread and serve with Apricot Spread. Cut fresh fruit in small pieces to be served with Muesli. May serve Muesli with Soy Milk as desired.

Lunch – 1 hour before lunch start Potato Soup. 30-minutes before lunch make Mexican Salad and serve with leftover Creamy Cheeseless Sauce or Tofu Sour Cream or other leftover dressings. Warm Cornmeal Rolls as desired and serve with Creamy Corn Butter.

HEALTH MAINTENANCE

PLAN TIPS

These recipes are provided to give you an idea of how to fix plant-based foods and to give you a wide variety of recipes that you can use. This will be more food and a wider variety than you would usually consumed in a 2-week period.

Leftovers – In a typical family, you would end up with leftovers at each meal, and it may be good to have at least 1 day each week where you eat leftovers to prevent foods from spoiling.

Likes/dislikes – If you find a particular recipe that you like, repeat it more often as desired. If there is one that you don't care for, just leave it off of your list. Find what works for you and your family.

Workers – If you are a working person and are away from home at lunchtime, most every lunch meal can be prepared the evening before and taken with you to work and reheated. Just plan your time wisely, especially for dishes that will require extra preparation (like soaking beans overnight before cooking them for the main dish).

Breads, Etc. – You do not need to make all breads/milks yourself. You can purchase healthy whole-grain bread/non-dairy milk varieties at your local grocery store for convenience. We are giving you the recipes so that you have the resources and can see how to accomplish cooking/baking all the foods for yourself if desired. You can also purchase non-dairy, caseine-free cheese substitutes at health food stores and some grocery stores for convenience.

Shopping – Make sure you look through the ingredients of the recipes before going shopping to ensure that you have all of the needed ingredients. Don't forget to include the seasonings and the small things. Keep your pantry stocked with plenty of whole grains, dry beans, whole-grain flours, raw nuts/seeds, and dried fruits.

HELPFUL KITCHEN

TOOLS

There are several kitchen tools that will help you greatly in the preparation of your plant-based foods.

A good blender is necessary if you are planning on making your own sauces, cheeses, milks, etc. The general rule of thumb is the more expensive it is, the better/longer it will perform. That being said, all the recipes can be made with a simple blender.

A food processor is useful for grinding nuts, slicing/shredding vegetables, and can speed up your preparation of many recipes, but is not essential.

A rice cooker can be invaluable, especially for working persons, in the preparation of grains and vegetables, etc. Look for a good rice cooker that has a good capacity, has a timer that can be set so that it finishes cooking the food just before your mealtime, and has a slow-cook function so that it can serve as a crock-pot.

A crock-pot is very useful for cooking your grains and legumes. You can use it to cook soups, potatoes, and the list goes on. It is not essential, but can be quite helpful in the preparation of your foods.

Non-stick cookware/bakeware can be helpful in preparation of oil-free foods without having significant issues with sticking. A bread machine is very helpful if you don't have the time to make bread by hand and you want to make healthy bread at home. It can take care of the hassle for you and free you to do other things.

References

1. Adapted from: Physician's Committee for Responsible Medicine, Vegetarian Starter Kit, www.pcrm.org
2. Adapted from: Lifestyle Medicine Institute, Beginning Your CHIP Journey, www.chiphealth.com

2-WEEK HEALTH MAINTENANCE

RECIPES

BREAKFAST

Rice Milk

1 c brown rice, well cooked	¼ c cashews, raw
¼ c coconut milk	6 dates (or 1-2 T honey or cane sugar)
1 t vanilla flavoring	¼ t salt

Water to make 2 quarts (8 cups) of milk

Place all ingredients except water in the blender. Add 1 1/2 cups of water and blend till very smooth. Add water until you have 8 cups of milk. Chill. Mix well before serving. You can vary the nuts you use and the amounts to get it just the taste you like. If you don't like the coconut flavor, try adding some almonds instead.

Apple Date Muffins

2 c shredded apple	3 c quick oats
1/3 c applesauce or mashed banana or mango	1 t vanilla
1/2 t salt	1/2-1 c raisins
1/2 c chopped dates	1 T molasses
1/2 c chopped walnuts or pecans	1/2 t coriander
1/4 t cardamom	1/4 t anise

Mix all together and let set about 5 minutes. Drop by spoonful into lined muffin pans, pack down lightly. Bake at 350 for 45 min. These are moist muffins, not raised cake-like muffins, but they are yummy!

Breakfast Potatoes

6 large potatoes	2 T olive oil
1/2 t garlic powder	1 t Goya Adobo
1 t parsley	1 t chives

Wash and dice potatoes. Toss potatoes with olive oil and seasoning. Place on a baking sheet. Bake at 400F for 20-30 minutes or until golden brown and tender. Serve hot with homemade ketchup.

Scrambled Tofu

1 lb water-packed tofu	2 t onion powder
1 t garlic powder	1 t parsley
1 t Goya Adobo without pepper*	½ t turmeric

The longer it simmers, the dryer it will become, so you can cook it for as long or short a time as you like, depending on how moist or dry you like it. Adjust seasonings to taste.

*Goya Adobo is an all-purpose seasoning that has salt, garlic, oregano, and turmeric.

Ketchup

This recipe is ok for Diabetics

3/4 c tomato paste (6 oz can)	3/4 c water
1/2 t salt	1/2 t basil (optional)
1/2 t onion powder	2 T lemon juice
1 T honey or cane sugar	

Mix all ingredients well in a small bowl. Adjust salt and seasonings to taste.

Pocket Bread

3 c warm water	2 T quick-rising yeast
2 T honey	1/2 c unsweetened applesauce,
1/2 t salt	8 c white whole-wheat flour

Preheat oven to 550F (or as high as your oven will go without broiling). In a large mixing bowl, add water, yeast, honey, applesauce, and salt. Stir well. Mix in white whole-wheat flour while kneading the dough until dough is no longer sticky. Form dough into golf ball size or larger. Roll each ball with a rolling pin until approximately 1/4-inch thick. Place on a lightly oil-sprayed cookie sheet. Raise for 10 minutes, then place in hot oven. Bake 3-5 minutes until they "puff up" and become golden brown. Let bread cool. Cut with a sharp knife halfway around the side of each pocket bread. Stuff pocket with your favorite fillings. (Makes 12, depending upon size)

Granola

9 c oats	½ c dates
1 c unsweetened coconut	½ c raisins
½ c sunflower seeds	2 ripe bananas
½ c sesame seeds	½ c apple juice
1 c slivered almonds (or chopped nut)	1 ½ t salt

Mix in large bowl first five ingredients. Place bananas, dates, raisins, apple juice and salt in blender. (For easier blending, soften raisins and dates in apple juice first.) Blend till smooth, may add more apple juice as need to blend smooth. Pour blender mixture into dry ingredients and thoroughly mix till granola is in small crumbles. Add more oats if smaller crumbles are desired. Place on 2 or 3 large cookie sheets and spread out to 1/2-1 inch thick. Bake at 225 for about 90 minutes, stirring every 30 minutes. Turn off oven and leave granola in until cool and completely dry. Store in air-tight container.

Crock Pot Barley

1 c whole barley	5-6 c water*
¼ c chopped dates	½ c coconut milk (optional)
salt to taste	1 t coriander
½ t cardamom	2 T honey

2-3 medium apples, peeled and chopped

Put barley, apples, and water in crock-pot and turn on low overnight. In the morning add remaining ingredients. May add more coconut milk or water until desired consistency is achieved. Serve as any cooked cereal with soymilk, raisins, chopped nuts, etc.

*Depending on how hot your crock pot cooks

Date Butter

1 c date pieces	½ c water
1 t lemon juice	

Blend till smooth. Serve on toast in place of butter or jelly. Is similar to apple butter. You can also use pineapple or orange juice to add a different flavor. It is delicious this way!

Banana Muffins

1 c whole-wheat flour	1 T Ener-G Baking Powder
1/2 t salt	scant 1/2 cup Brazil nuts or walnuts
1/2 c chopped dates	1 medium banana
1/4 c honey	1/4 c or more soy milk (may use water)

Preheat oven to 400F and prepare muffin pan or cookie sheet by coating lightly with oil. Place flour, baking powder, salt, and Brazil nuts/walnuts in a food processor and process together for 1 minute, until the nuts are as fine as the flour. Mash the bananas with a fork and place in a 2-cup measuring cup along with the honey. Add soy milk to make a total of 1 cup mixture with the bananas and honey. Stir together. Place flour mixture in a mixing bowl. Add dates and banana mixture, and stir briskly until well mixed. Scoop into muffin pan. Place in 400F oven; bake for 15-20 minutes or until golden brown on top and bottom. (makes 8 muffins)

French Toast

1 c water	2 T cashews
4 dates	1 banana
½ c orange juice	1 T whole wheat flour

7-10 pieces of whole wheat bread

Blend all ingredients except bread until smooth. Pour into shallow bowl. Dip slices of bread into it and place on sprayed cookie sheet. Bake at 400 degrees until golden brown, turn over and brown other side.

Soy Oat Waffles

2 ¼ c water	1 ½ c oats
1 c soaked soybeans* (1/2 c dry)	½ t salt

Blend all ingredients until light and foamy. Let stand while waffle iron is heating. Batter will thicken. Blend briefly. Spray waffle iron with nonstick cooking spray before first use. Bake waffle for 8-10 minutes, set timer and do not open until time is up. If waffle iron is hard to open, leave for a few seconds longer. *Soak soybeans several hours or overnight in enough water to keep covered. Rinse and drain. They can be soaked ahead and stored in the freezer until needed.

Fruit Syrup

3 c apple juice	1 c raisins (golden raisins work well, also)
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2-3 T corn starch or arrowroot powder

Heat 1 c of juice with raisins and simmer till raisins are soft. Place in blender and blend till raisins are small pieces. Return to pan, add 1 ¾ c apple juice and bring to boil. Mix corn starch with reserved ¼ c juice and add to pan. Heat till bubbly and thickened. Serve over pancakes, waffles or French toast. May also use any combination of 100% fruit juice or any dried fruit combination of your liking.

Cashew Banana Cream

¼ c cashews	½ c pineapple juice
½ c water	3 frozen bananas
1/8 t vanilla	¼ t maple flavoring

2 T chopped dates

Blend cashews with the pineapple juice until creamy. Add remaining ingredients. Freeze slightly and serve.

Pecan Crunch

1 c pecans	1/2 c unsweetened coconut
3/4 c dates	1 c wheat bran
4 c quick oats	2 t vanilla (or use maple, or leave it out)
1 t salt	1/3-1/2 coconut milk

In food processor, process pecans until fine, add the coconut and dates. When well mixed, add wheat bran, oats and salt. Add vanilla and coconut milk while it is running, adding enough to make the mixture form large clumps. Dump out onto baking sheet and crumble into small pieces. Bake at 250 degrees for about 90 minutes or until cereal is dry. Stir every 20-30 minutes and continue to break up larger clumps, so that it resembles Grape Nuts. Turn off oven and leave in to finish drying and cooling before placing in air-tight container

for storage. You can still make this even if you don't have a food processor, just blend the pecans (or use pecan meal) as well as you can in the blender then dump out into large bowl. Then blend the dates together with the wheat bran until fine and add to nuts. Then blend the coconut and oats (in 2 batches is better) and add it to the bowl, mixing well. Add remaining ingredients and mix well. Crumble onto baking sheet and bake as above. It will have a more coarse texture, but will taste just as good as making it in a food processor!

Soy Milk

3/4 c soaked soybeans	2-4 T raw cashews
2-4 T raw almonds	1 t vanilla
1-2 T Honey or other sweetener	1/4 t salt (heaping)
Water to make 2 quarts	

Soak soybeans overnight in plenty of water. Next day pour off water, rinse, add fresh water and bring to boil. Lower heat and simmer 5-7 minutes. Place all ingredients in blender with water just to cover and blend till smooth, slowly add more water and blend to get it as smooth as possible. Add water to make 2 quarts of milk. Use more or less water depending on how you like it. Shake or stir well before each use. If used for cooking/baking decrease sweetener to 1 tablespoon.

Apricot Spread

Dried apricots	Pineapple juice
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Place apricots in a dish. Cover with pineapple juice. Cover and place in the refrigerator overnight. Next day dump apricots and juice in blender and blend until smooth. Add more juice for blending if needed. You can also use orange juice if you like. We like to eat the apricots just how they are after soaking! Often I don't have any left to make the spread with!

Whole-Grain Pancake Mix

1 1/2 c wheat flour	1/2 c white flour
1/2 c wheat germ	1/4 c corn meal
3 c blended oats (or quick oats)	1 1/2 t salt
1/2 c pecan meal (optional)	1/4 c ground flax seed (optional)
2 T baking powder substitute	2/3 c powdered soy milk (optional)

Mix all together and store in airtight container. Just measure out desired amount and add water (or soy or rice milk) until desired consistency. Cook in nonstick skillet over med heat till cooked through, then flip and brown the other side.

Fruit Soup

2 c fruit juice	1/2 c dried fruits diced
2 T minute tapioca (or regular tapioca)	1 banana

Heat fruit juice in sauce pan. Chop fruits med. fine and add to juice. Add minute tapioca. Stir until thickened. If using regular tapioca, soak tapioca in fruit juice for 10 minutes before heating. Stir and cook until tapioca is thickened and almost clear, then add dried fruit, and finished cooking until tapioca is done. Serve hot or cold. Slice banana on top. Good on waffles or pancakes, too. (Variation – use 1-2 cups frozen mixed fruit or peaches canned in 100% fruit juice instead of dried fruit)

Baked Oatmeal

2 c oats	1 grated apple
1/4 c unsweetened coconut	1/3 c raisins
3-4 c soy milk or water	1 t salt
2 t vanilla	1/2 t ground coriander

Mix all ingredients together in mixing bowl. Pour into 8x8 casserole dish. Bake at 350 for 1 hour. Any sweet fruit can be used in place of the apple. Crushed pineapple is good. Use any type of milk substitute or use fruit juice for the liquid. Chopped dates can also be used in place of raisins. Any chopped nut could be used in place of, or in addition to the coconut.

Fruit Cream

1/4 c cashews	1/2 c apple juice
1/2 c orange juice	1/4 t vanilla
4 dates	3 bananas (fresh ripe or frozen)

Blend first two ingredients until smooth and creamy then add remaining ingredients and blend till smooth. Serve over waffles or cereal.

Easy Cashew Gravy

1 c raw cashews	4 c water
1 T onion powder	1 t garlic powder
2 t Goya Adobo	1 t Italian seasoning
2 T corn starch	

Blend all ingredients with 1 cup water until smooth, then add 2 more cups of water and blend again. Pour into sauce pan. Rinse blender with remaining 1 cup of water and add to pan. Cook until bubbly and thickened, stirring constantly. This is just a basic gravy recipe. If you have a healthy substitute beef or chicken seasoning, you can add some to enhance the flavor. You can use less nuts and add a cooked whole grain to decrease the fat content. You can use raw onion or garlic instead of the powders, as well. If you want it darker, try browning some flour in the skillet and using it to thicken the gravy with instead of corn starch. Adjust the seasonings to your liking. Just play with it until it suits you.

Apple Crisp

9-10 apples of your choice, cored, sliced	2 T flour
1 1/4 c unsweetened coconut	2 c oats
1 c dates	1 t salt
4 T water	

Place apples in large casserole dish. Sprinkle with flour. May also add coriander and cardamom. Place remaining ingredients except water in food processor and run until fine. Add water as needed while food processor is running until mixture is moist and crumbly. Crumble evenly on top of apples. Bake at 350 for 30 min. or until apples are tender.

Muesli

2 1/2 c dextrinized rolled or quick oats*	3 c pineapple, orange, or apple juice
1/2 t salt	2 bananas
1 t vanilla	1/4 t maple flavoring
1/2 c raisins chopped nuts	

In blender combine juice, salt, bananas and flavorings. Place oats in bowl and pour blender mixture on top. add raisins. Mix and place in refrigerator over night. Add 2-3 fresh chopped fruits of your choice before serving. Sprinkle with chopped nuts. Very yummy, one visitor told us it was like having dessert for breakfast!

*Place on cookie sheet for 10 min. in 300 degree oven

LUNCH

Cauliflower Sauce

1/2 c water	1 med onion chopped
1-2 garlic cloves chopped	1 t salt
4 c cauliflower flowerets cut into 1" pieces	1 29oz can diced or crushed tomatoes

Italian seasonings if desired

Cook onion in water for 7 minutes then add garlic and cook another 2 minutes. Add remaining ingredients and another 1/2-1 c water and cook partially covered 30-45 minutes. For a quick, easy version, add steamed cauliflower to purchased marinara (spaghetti) sauce and heat thoroughly.

Pecan Balls

1 c pecan meal	1 c oats
2 1/2 c fresh whole wheat bread crumbs	1 c soaked soybeans
1 med onion in large chunks	1 c water
1/2 t garlic powder	2 t Goya Adobo without pepper

2 t Bee's All-purpose Seasoning*
1 T parsley

1 t ground sage

Blend soybeans, water, and onion until smooth. Pour into mixing bowl. Add remaining ingredients and stir well. Mixture should be moist enough to stick together, but not too wet. Adjust bread crumbs or water as needed. Form into balls with hands, or use a round tablespoon measure dipped in water. Place on nonstick cookie sheet and bake at 350 for 30 minutes. Good served with spaghetti sauce or sweet and sour sauce.

*This is a salt free seasoning containing garlic, celery, onion, thyme, and cumin.

Ranch-style Dressing

1/4 c raw cashews	1/2 lb tofu
2/3 c water	1 T lemon juice
1/2 t garlic powder	1 t salt
1 t basil	2 t parsley
2 t onion powder	1 T honey

Blend all ingredients until smooth. Add water as needed for blending or until desired consistency is reached. This makes a great veggie dip if less water is used so that it stays thick.

Chick Pea a la King

4 cups brown rice, cooked	1 medium onion, chopped
1/2 cup celery, minced (optional)	1/2 cup raw cashews
1/4-1/2 cup red pepper or pimiento (opt.)	4 T sesame seeds
3 cups water	1 T Goya Adobo (no pepper)
3/4 tsp garlic powder	1 T onion powder
1/4 cup whole wheat flour	1 T parsley
2 cups/or 1 can garbanzos	1 cup carrots, sliced
2 cups peas, frozen	1/2 cup slivered almonds (optional)

Sauté onion, celery and pepper in 2 T water. In blender, combine all but the last 4 ingredients and blend till smooth. Add blender mixture to pan and add garbanzos, carrots, and peas. Bring to a boil and simmer 10 min to thicken. Adjust salt and seasonings to taste. Add slivered almonds if using). Serve on brown rice.

Sweet Potato Sticks

1 large sweet potato, peeled and cut into 1/2 inch thick strips about 3 inches long
Salt to taste

Place potato sticks evenly on a lightly sprayed baking sheet. Lightly spray the potato sticks with nonstick spray if desired. Sprinkle with salt or other seasoning of your choice. Bake at 400 for 20 min. or until crispy brown.

Scalloped Potatoes

4 c thinly sliced potatoes ½ c raw cashews
1 t onion powder or may use ½ raw onion 1 T cornstarch
2 t salt

Spread potatoes evenly in a casserole dish. Blend cashews with half of the water till smooth, then add the rest of the water and seasonings and blend well. Pour over the potatoes, cover with aluminum foil and bake for 1 hr at 375 degrees. Remove foil and sprinkle with paprika, return to oven uncovered just long enough to brown.

Cornmeal Rolls

4 c water 2 t salt
1 c cornmeal 1/2 c applesauce
1/3 c honey 1 t honey
1 c warm water 2 T active dry yeast
5 c whole-wheat flour 7 c spelt or whole-wheat flour, as needed

Bring water to a boil; add salt and cornmeal. Simmer until a mush. Allow to cool at room temperature. Add oil and 1/3 cup honey to cooked cornmeal. In a separate bowl, dissolve 1 teaspoon honey in 1 cup warm water. Mix in yeast. Let sit until the yeast bubbles. Add to cooled cornmeal mixture. Add flour, kneading in 1 cup at a time until dough is not sticky. Set dough in a warm place covered with a towel. Let rise until doubled in size. Roll out dough to 1/2 inch thick. Cut with a round cutter or shape into buns or breadsticks. Let rise on lightly oil-sprayed baking sheets until doubled in size. Bake in a 400F oven for 15 minutes or until golden brown. Variation - you can make into bread sticks or pizza crust as needed. You can also freeze rolls for future use. (Makes 6 dozen rolls)

Creamy Corn Butter

1/3 c cornmeal 1 c water
1/4 c coconut milk 1/2 tsp salt
1 1/2 tsp honey

Mix cornmeal with 1 cup cold water, pour into sauce pan. Cook, stirring frequently until thickened. Pour mixture into blender, add remaining ingredients and blend until smooth. Add 1/4 - 1/2 cup water as needed to blend. Store in refrigerator. It will thicken when it sets.

Quick-N-Easy Salad

6 c torn lettuce (a variety of kinds if possible) 1 or 2 veggies of your choice:
1/2 t Goya Adobo without pepper or other diced carrots, diced red peppers,
all-purpose seasoning of your choice tomato wedges, diced cucumber
1-2 T lemon juice 1-2 T Olive oil
2 t dill weed 1 T parsley

Mix all ingredients together and serve immediately.

Vegetable Soup

6 c water 1 c frozen corn
1 onion, diced 1 15oz can diced tomatoes
1/2 c celery, diced (optional) 2 t salt
3 large carrots, chopped 1/2 t basil
3 potatoes, chopped 1/2 t dill weed
1 T parsley 1 t oregano
2 t onion powder 1/2 t garlic powder
2 cups small whole grain pasta

Place first five ingredients in large pot and bring to a boil. Simmer 10 minutes, then add remaining ingredients and cook until pasta and veggies are done. Adjust seasonings as desired. Variation - Add a can of can of kidney beans or a couple of cups of lentils. Cabbage also makes a good addition.

Corn Bread

3/4 c cornmeal 3/4 c whole-wheat flour
1/2 t salt 1 1/2 T Ener-G Baking Powder
1/4 c applesauce 2 T honey
1/2 c coconut milk* 2 T water or as needed

Mix together in a mixing bowl: cornmeal, flour, salt, and baking powder. Stir together the coconut or soy milk, applesauce, and honey in measuring cup. Add water as needed to make 1 full up of mixture. Combine wet and dry ingredients, stirring briskly until smooth. Pour into an 8”X8” pan, or scoop into muffin tins. Bake at 375F for 20-25 minutes. (Makes 9 squares) *May use 1/2 c + 2 T soy milk instead and omit water

Creamy Cucumber Dressing

1 medium/large cucumber, lightly peeled 1/2 c raw cashews
2 T lemon juice (fresh squeezed is best) 1 t onion powder
1/2 t Goya Adobo without pepper or other all purpose seasoning

Blend until creamy. Adjust seasonings and add favorite herbs as desired.

Veggie Pizza

1 pizza crust (can use any kind of whole-grain bread)
Creamy Cheeseless Sauce
Pasta or pizza sauce
1 1/2 c finely diced veggies of your choice (olives, onion, red/yellow pepper, garlic, broccoli, cauliflower, etc.)

Preheat oven to 350F. Spread pizza crust with Creamy Cheeseless Sauce, covering entire

surface. Spoon pasta/pizza sauce over the Creamy Cheeseless Sauce and gently swirl it. Scatter the surface with vegetables of your choice. Bake at 350F for about 10 minutes. (Can be assembled and frozen [before baked] and taken out and baked when needed.)

Pasta Salad

3 c whole grain spiral pasta	2 c carrots, thinly sliced
2c broccoli, cut bite size	2 c cauliflower, cut bite size
1 c red bell pepper, chopped	1 c yellow bell pepper, chopped
1/2 c peas, cooked	1 c red onion, thinly sliced
1 c kidney beans, cooked (or garbanzo beans)	

Dressing

2 T olive oil	2 T water
1/4 c lemon juice	1 t dill weed
1/2 t garlic powder	1/2 t onion powder
1 t Goya Adobo without pepper	

Cook pasta until tender, drain and rinse in cold water. Chill. Steam carrots, broccoli, and cauliflower about 4 minutes, drain and rinse with cold water. In salad bowl, mix together pasta, steamed veggies, and remaining ingredients. Whisk dressing together in a separate bowl and pour over salad, tossing gently. Variation: Use a creamy dressing instead or use cashew mayo and herbs to taste, as in the potato salad. This is a very flexible recipe.

Baked Sweet Potatoes

Preheat oven to 400F. Scrub sweet potatoes. Place directly on oven rack and back for 45-60 minutes until fork inserts easily into the center of the potato. (Place aluminum foil in bottom of oven to catch drippings.)

Greek Salad

3 tomatoes	1-2 cucumbers
1 red, orange, or yellow pepper	1 c black olives
1/2 red onion	1 small garlic clove, minced
1/2 romaine lettuce, medium head	1/2 c garbanzos

Dressing

1/4 c juice off garbanzos	1/4 c lemon juice
1 T olive oil	1/2 t oregano
1/4 t thyme	1/4 t salt

Chop all salad ingredients except garbanzos and olives. Place in salad bowl whisk dressing ingredients in a small bowl. Pour over salad and toss gently. Serve immediately.

Golden Macaroons

1 c finely grated carrots, packed	1 1/2 c unsweetened coconut
1 c oat flour (blend oats)	1/4 c honey
1/2 t salt	1 t vanilla

Mix all ingredients. Add water by the tablespoon if needed until dough is moist enough to stick together well. Drop onto greased cookie sheet by round tablespoon. Bake at 325 for 20 minutes. May use cane sugar instead of honey if needed. Just add 1/4-1/3 cup water.

Almond Rice Loaf

1/2 c soaked garbanzos	1 1/2 c water
1 c almonds	1 c sunflower seeds
1 c oats	1 medium onion, quartered
1 c cooked brown rice	2 t Goya Adobo (without pepper)
1 t Italian seasoning	1 t basil
1 t onion powder	1/2 c wheat germ

Blend garbanzos and 1/2 c water until smooth. Add remaining water, nuts and sunflower seeds and blend until fine. Add onion and blend slightly. Pour into mixing bowl. Add remaining ingredients and stir well. Let stand for a few minutes. Press into sprayed loaf pan and bake at 350 for 45-60 minutes. Let cool. Turn out and slice if desired. Serve with gravy or tomato relish (see following recipes). May also make into patties, this will shorten baking time. This is a very versatile recipe. You can use soaked soybeans instead of garbanzos, or any other bean. You can also use cooked beans. Different beans will change the flavor slightly, but they will all be good. You can vary the amounts or types of nuts and seeds. You can use bread crumbs instead of rice. Vary the seasonings to suit your taste.

Tomato Relish

1 small onion chopped	1-2 T lemon juice
8 dates, chopped fine (if diabetic, use less)	1 t basil
3/4 t salt	3/4 t ground celery seed
1 14oz can crushed tomatoes	

Sauté onion in lemon juice, add water as needed until onion is clear and soft. Add dates and seasonings and mix, add a little water if needed to soften dates. Add crushed tomatoes and simmer 10-15 minutes. Serve with Almond Rice Loaf. May also use diced tomatoes or fresh tomatoes chopped small if a chunkier relish is desired.

Crunchy Veggie Salad

1 cucumber diced	1 large tomato diced
1 c bite size broccoli pieces	1 c bite size cauliflower pieces
1/2 c red or yellow bell pepper diced	2 T sunflower seeds
1/3 c large chopped walnuts or pecans	1 c black olives
1-3 t lemon juice	Salt to taste

Add fresh or dried herbs to taste. We like to use a little celery salt, dill, oregano, garlic powder and onion powder. Toss all ingredients together in a bowl. Adjust amounts and types of veggies as desired. You can leave the nuts and olives out if you want a lower fat salad. Or try adding corn or garbanzos to make it more of a one-dish meal.

Spinach Alfredo Sauce

3/4 c coconut milk	1 c cashews
2 t salt	1 T lemon juice
1 large garlic clove (or more if you like garlic)	1 1/2 T corn starch
2 c packed fresh spinach leaves	3 c water

Blend all ingredients but spinach and 1/2 c water. Cook, stirring often until bubbly and slightly thickened. Turn off. Blend spinach and 1/2 c water and add to cooked sauce. Stir well and serve over cooked pasta.

Green Beans & Garlic

2 T coconut milk	3-4 cloves of garlic
1/2 c water	1 lb frozen green beans salt to taste

Sauté garlic in coconut milk for 2-3 minutes on medium. Add 1/2 cup water and bring to boil. Add frozen green beans. Cover, and return to a boil. Cook until almost done, then remove cover and simmer until water is gone. Stir to prevent sticking. Salt to taste. (Variation – to use canned green beans, drain almost all liquid off before adding to garlic mixture, then simmer until liquid is absorbed)

Herb Dressing

1/2 c raw cashews	1/2 c water
2 T lemon juice	1/2-1 T honey
1 clove garlic	1/4 t onion powder
1/2 t basil	1/4 t oregano
1/4 t parsley	1/2 t salt

Blend all ingredients until smooth. Adjust salt and herbs to taste.

Curried Veggies

3 c water	1 can coconut milk
3 chopped carrots	3 chopped potatoes
3 cups green beans (fresh or frozen)	1 t salt
1 T cumin	1 1/2 coriander
3/4 t garlic powder	1 1/2 t onion powder
1 t Goya Adobo (or other all-purpose seasoning)	

Bring water and coconut to boil in large pot. Add remaining ingredients and simmer until veggies are cooked. Serve over brown rice. Top with peanuts if desired. Garbanzos make a nice addition to the curry as well.

Carrot Salad

3 c grated carrots	3/4 c grated unsweetened coconut
1/2 c chopped pecans	1/2 c raisins
1/4-1/3 c orange juice	1/4 t salt

Mix all ingredients together in medium bowl. May serve immediately or let set in refrigerator for a few minutes to make it more moist. You can use different nuts in place of pecans, or add sunflower seeds for additional crunch and nutrition. Chopped dates may also be used in place of raisins.

Mashed Potatoes

6 Russet or Idaho potatoes	Water to cover potatoes
1/4-1/2 c Soy milk	1 t Onion powder
1/2-1 t Salt	1-2 t Chives

Cook desired amount of potatoes in water until they break apart when you poke them with a fork. Pour off most of the extra water, reserving it for use later if needed. Place potatoes in mixing bowl and mix with electric mixer, adding reserved water or soy milk as needed until desired texture is reached. Add onion powder, chives, and salt to taste and mix well. Serve with gravy.

Oat Burgers

4 c. water	1 small chopped onion
1/2 c. chopped walnuts	2 t. onion powder
1/2 t. garlic powder, can put in minced garlic	1 t. basil
1 t. Italian seasoning	2 t. cumin
2 t salt	4 c. quick or rolled oats

Heat 1/2 c water in pan, add onion and cook till tender. Add water and seasonings and bring to a boil. Stir in oats and nuts and turn off heat. Allow to cool about 5 minutes.

Form into burgers on lightly oiled cookie sheet, using a round 1/4-cup measure or ice cream scoop to make uniform patties, dipping the measuring cup in water after each burger to keep it from sticking. With wet fingers or back of measuring cup, flatten burgers. Bake at 350° for 30 minutes, flip and bake 10 more minutes. Good in sandwiches or with gravy. May also make them into balls for “meatballs” and add them to spaghetti sauce. Variation: For Breakfast Sausage, add 1½ t sage.

Cashew Mayonnaise

1/2 c well cooked brown rice	1/2 t salt
2 cloves garlic	2 T and 1 t lemon juice
1/4 t onion powder	1/4 t Goya Adobo
1/2 t potato starch	1/2 c boiling water
1/2 c raw cashews simmered in 1/4 c water until water is about gone	

Blend all ingredients until smooth, adding water as needed to keep blending.

Potato Salad

6 c potatoes, cooked, peeled, and diced	1 c grated carrots
1 t dill weed	2 t dried chives
1 t parsley flakes	1 T lemon juice
1 t dried celery flakes or ¼ c fresh diced celery salt to taste	
½ c cashew mayonnaise or tofu sour cream nondairy milk or coconut milk	

In a bowl combine all ingredients. Add milk as needed until desired moistness is reached. Adjust seasonings to taste. Variations: Fresh chopped onion or green onion may be added. Also ½ c sliced black olives are nice for variety. Be creative.

Rice Stacks

Cooked brown rice (about 1 c per person)
 Easy Pinto Beans (or lentils, cooked) (about ¾ c per person)
 Shredded lettuce diced tomatoes diced cucumbers chopped onions
 Chopped red, orange, or yellow pepper sliced olives
 Guacamole
 Salsa Fresca
 Tofu sour cream
 Creamy Cheeseless Sauce

Prepare each food item and place in individual serving bowls (amount needed will depend on number of people served). Each person prepares his own rice stack by layering each food item in the order listed to make a stack. Each ingredient is optional, just leave off any items you don't enjoy.

Easy Pinto Beans

1 lb dry pinto beans, sorted and washed	2 t cumin
2 t onion powder	1/2 t garlic powder
1 1/2 salt to taste	

Before bed, place washed pinto beans in crock pot. Add 7-9 cups of water (about 3 times as much water as beans). Turn crock pot on high. In the morning, add seasonings and salt and adjust to taste. If you don't have a crock pot, soak beans overnight in water. Drain water in the morning, place in pot with fresh water and cook until soft. Do not add salt until after the beans are cooked. Beans should be cooked in a couple of hours.

Guacamole

1 large ripe avocado	1-2 T lemon juice
1/4-1 t garlic powder	1/2-1 t onion powder
1-2 T nondairy milk or mayonnaise (opt)	Salt to taste

Mash avocado in a bowl with a fork. Add remaining ingredients and adjust seasonings to taste. Serve immediately.

Salsa Fresca

2 c fresh tomatoes, chopped	½ c red onion, chopped
1 c cilantro, lightly chopped	1/4 c lime juice
1½ t sea salt	

Mix all ingredients in a bowl. Adjust to taste.

Tofu Sour Cream

1 12 oz pkg silken tofu	1/2 c cashews
1/3-1/2 c water	1 t salt
1/4 t garlic powder	1 t onion powder
1-2 T lemon juice	

Place all ingredients in blender and blend until very smooth. Adjust seasonings as desired. Pour into a bowl and chill before serving.

Pumpkin Pudding

2 c cooked pumpkin	3/4 c dates
3/4 c coconut milk	3/4 c soy (or rice) milk, or water
1/4 c cornstarch	1/2 t salt
1 t vanilla	1/2 t coriander

Blend dates with milk until smooth. Add remaining ingredients and blend well. Pour into casserole dish and bake at 350 for 1 hour or till set. This also makes a great pie.

Lasagna

9 lasagna noodles, cooked
8 c spaghetti sauce
1-2 recipes Ricotta Style filling (recipe following)
3-4 c chopped, steamed spinach (optional)
4 c steamed veggies (broccoli, cauliflower, etc.)
Salt to taste

Press liquid out of steamed spinach. Add spinach to ricotta filling and mix well. Reserve some filling for the top of the lasagna if you wish. Spread 2 cups spaghetti sauce over bottom of large casserole dish. Layer noodles, sauce, veggies, and filling, then repeat. Put last layer of noodles on top, cover with sauce and sprinkle reserved ricotta filling on top. Bake at 375 for 45 min. to 1 hour or until bubbly. Let set to cool 15-20 minutes before serving so that it will set up a bit and not fall apart when served.

Ricotta-Style Filling

1/2 c raw cashews	1 lb water-packed tofu
3/4 c water	2 T lemon juice
1 t garlic powder	2 t salt
2 t basil	1 T parsley
1 T onion powder	2 T honey

Blend cashews, half of tofu, and water until smooth. In a small mixing bowl, mash remaining tofu with a fork. Add blended mixture and remaining ingredients, stirring until well mixed. May add a little more water if desired to make it thinner and easier to spread in lasagna. When left thick, it makes a wonderful veggie dip or works well in stuffed shells. Add more water, blend it all until smooth and it makes a yummy salad dressing.

Garden Salad

6-8 c torn leaf lettuce	1 grated carrot
1 medium cucumber sliced	1/2 grated purple cabbage
2-4 small tomatoes, cut in wedges	1 sliced avocado
1/2 c black olives	1 c alfalfa sprouts
1 green onion or sweet onion sliced thin	1/2 c cooked garbanzos
1/4 sunflower seeds	Fresh herbs if desired

In large salad bowl toss lettuce, purple cabbage, carrot, garbanzos, sprouts and onion. Arrange cucumber slices, tomato wedges, olives and avocado slices on top. Sprinkle with sunflower seeds and fresh herbs if desired. Serve with Herb Dressing.

Potato Soup

1 onion, diced	2 garlic cloves, minced
6 cups water	5-6 medium potatoes, cubed
1 t basil	1 T parsley
2 t chives	2 t onion powder
1/2 t thyme	Salt to taste

Sauté onion and garlic in a little water in a large pot, until onions are clear. Add remaining ingredients and bring to a boil. Simmer until potatoes are done. Blend about 2/3 of soup mixture and return to pot. Mix well. May add 1/2 c coconut milk for a richer creamy soup. Variation: Add a couple of cups of frozen corn for a yummy corn chowder.

Mexican Salad

1 1/2 c cooked black beans (or 1 can)	1 1/2 c cooked brown rice
2 medium tomatoes chopped	1 small onion chopped fine
1/2 c chopped red or/and yellow bell pepper	1 chopped avocado
1/2 sliced black olives	1 c cooked corn
1 medium cucumber chopped	8 c torn leaf lettuce
1/2 c fresh cilantro chopped (optional)	

Drain and rinse beans. Toss all ingredients together in a salad bowl. Add lettuce just before serving. Serve with Ranch-style Dressing. Also good served with Creamy Cheeseless Sauce. Vary ingredients according to your liking. Red, pink, or pinto beans may also be used.



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